



**Palo Duro
Senior Center**

5221 Palo Duro NE
Albuquerque, NM 87110
505-888-8102
Fax: 505-888-8107

Hours of Operation

Mon-Fri 8:00-5:00
Wed 8:00-7:00
Sat 9:00-1:00

**Desert Willow
Gift Shop**

Mon-Fri 9:00-2:00
505-888-8105

Open Computer Lab

Mon, Tue, Fri 1:00-3:00
No Thursdays till April 20

Free Wi-Fi every day!

COAFreeWireless

Senior Information

www.cabq.gov/seniors
505-764-6400

RSVP Office

505-767-5225

Looking for the gym?
It's next to McKinley
Community Center by
the Middle School on
Monroe at Comanche.



**Palo Duro
Fitness Center**

3351 Monroe NE
Albuquerque, NM 87110
505-880-2800

Hours of Operation

Mon-Fri 7:00-7:00
Sat 8:00-2:00

APACHE PLUME

The Monthly Newsletter of Palo Duro Senior Center

February 2017

**Queen of
Hearts
Valentine
Luncheon**



Thursday, February 9, 11:30a seating
Please arrive **no later than 11:45.**

Bring your special someone and enjoy
this heart-filled event with delicious
food and music that will make you want
to dance! Buy your \$4 ticket in advance.

We plan to be dining on Roast Beef,
Salad, Roll and Red Velvet Cake.

*Please note: Regular breakfast and
lunch menu items will not be available
today. Enjoy continental breakfast for
\$1.50 between 8:00 and 9:00am*

Tax Preparation Assistance

Make an appointment for a Thursday
in February, March or April
(closed on March 16)

Additional tax help may be found at
<http://www.cnm.edu/depts/taxhelp>
or call 505-224-4829.



**50+ Silver Horizons
Food Pantry**

There is no event this month
at Palo Duro Senior Center.

Presidents Day

Monday, February 20

Cleaning Week

Mon-Fri, March 13-17



Last Call for Trip

Rattlesnake Museum

Friday, February 24
Check-in: 9:15a Return: 2:30p
Transportation: \$2.00
Tour: \$4.50



**8 Ball
Competition**

**Wednesday, February 8
starts at 5:00p**

Registration deadline is February 1st
\$12 Entry fee with current
DSA Center membership

Event qualifies athletes for
NM Senior Olympics

**Sign up at Palo Duro Sports &
Fitness Center**

3351 Monroe Dr. NE
505-880-2800



View or download a PDF copy of our
catalogs, menus and newsletter on the
DSA web site www.cabq.gov/seniors



*City of
Albuquerque*

**Richard J.
Berry**
Mayor



Department of Senior Affairs

**Jorja
Armijo-Brasher**
Director

Rhonda Methvin
Recreation Division
Manager



Palo Duro Senior Center

Natasha Montoya
Center Manager

vacant
Program Coordinator

Joe Zivny
Office Assistant

Dave Ellis
Program Assistant

vacant
Program Assistant

Manuel Ibuado
General Services

Ted Casey
Cook

Wanda Valdez
Assistant Cook

Promote your Palo Duro group activities or feature an outstanding member with an article in the Apache Plume (subject to editing for space availability and with manager approval.)

Visiting Artist Program

Tuesdays 1:00–3:00p

Suitable for beginners and those with art experience, sessions are *free and open to all Senior Center members.*

Date	Program	Artist
7	Victorian Greeting Cards (\$3 materials fee)	Jane Bird & Helen Martinez
14	Pastels II	Susan Daugherty
21	Painting Without a Brush	Lannie Alexander
28	Mardi Gras Surprise	Kathleen Schweizer

Reminder: In bad weather, if the Albuquerque Public Schools close, our program is cancelled. If school is delayed, call the Center for information. Sometimes the artists are unable to come due to weather.

Adapted Aquatics

**Monthly program
at UNM Pool**

Register on the 15th
at PD Fitness Center
3351 Monroe NE
or call 505-880-2800

M, W, F 8:30–10:45a
M & F 12:30–2:45p

OPEN COMPUTER LAB

Monday, Tuesday & Friday 1:00–3:00p
No Thursdays during tax season



Windows 10 PCs
Scanner is available
Printing per page:
B&W: \$0.15
Color: \$0.20

Bring a USB Flash Drive to save your work.

Thank you to our Sponsors:

Bingo

Tuesdays 1:15–4:00p

- 7** - Atria
- 14** - Heritage Home Healthcare
- 21** - Walgreens
- 28** - Elmcroft



Friendship Coffee

Wednesdays 9:15–10:15a

- 1** - Aging & Long Term Services
- 8** - Presbyterian
- 15** - Sunshine Dental
- 22** - Blue Cross/Blue Shield



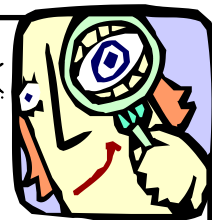
MYSTERY BOOK CLUB

2nd Tuesdays
1:30–2:30p

The books we read are available at the public library. Everyone is welcome. Please join us!

February 14
The Long Fall
by Walter Mosley

March 14 - Center is Closed
An alternate date and location
will be announced





Acting Workshop

Session I: February 1- March 8

Session II: March 22 – April 26

Wednesdays, 9:00–10:00a

\$5.00 per class or \$30.00 per session

Please sign up at the Front Desk.

The Sandia Performing Arts Company is offering lessons in beginning acting, no experience is necessary. Come and have fun with us in a friendly and supportive environment. Learn the basics of theatre acting, developing a character, understanding a scene, projections and much, much more!

News from Elenor Key at the Desert Willow Gift Shop

The new year is here and we are looking forward to seeing all your new handmade items and ideas.

Valentine's Day is almost upon us, so that's a thought for craft ideas, to make or to give as a gift.



A very big WELCOME to new artisans who would like to sell their handmade items on consignment in the shop. A current center membership is required.

Stop by or call Elenor at 888-8105 for more info. We're open Monday thru Friday, 9:00am–2:00pm.

The shop is closed for the holiday on February 20.

Our free, book lending library continues to be a hit. We also have some large print editions available. Take a book or donate a book, or both! Thank you.

Community News



Shear Madness

Erna Fergusson Library

Saturday, February 11, 2:30–4:30p

This month's featured craft: **Pincushion Hearts**

All materials will be provided. Cost: Free!

Recycling Drop-Off Location behind Walmart is closed



Effective on Wednesday, February 1, 2017, the recycling bins behind the Walmart at Carlisle and Claremont have been permanently removed. The recommended alternate locations are the following:

- Solid Waste Main Office
4600 Edith NE, 87107
- Crowne Plaza Hotel (Northwest of Hotel)
1901 University NE, 87102

For additional information, call 505-761-8100 or visit the Solid Waste Department's recycling web page at <http://www.cabq.gov/solidwaste/recycling>

Morning Coffee with Councilor Gibson



Weck's, 3913 Louisiana NE

Monday, February 27, 9:00–10:00a

On the 4th Monday of each month, the Councilor is available to answer questions and give an update about what's happening in District 7. She also hosts an evening event once a month. For more information, call 505-768-3136 or visit <http://www.cabq.gov/council>

Movies at PDSC



A Knight's Tale

(2001) PG-13 - 2 hrs 12 min

Thursday, February 2, 1:30–4:00p

The Lost Valentine

(2011) TV-PG - 96 minutes

Thursday, February 16, 1:30–4:00p

Free refreshments at intermission for each movie.

Tickets for Popejoy Hall Performances

Free tickets for select performances are offered by a drawing. Stop by the front desk to complete a lottery ticket with your Name, Phone Number and specify one or two show tickets. ***Please, one entry per person per show.***

Winners will be called to pick up tickets with a survey form at Palo Duro Senior Center. After the show, please return the survey to the front desk at our Center.

Last day to enter is Tuesday, February 28

- Sat, Mar 11 2:00pm In the Mood
- Sat, Mar 11 8:00pm In the Mood
- Fri, Mar 17 8:00pm Altan
- Sat, Mar 18 8:00pm Last of the Red Hot Lovers
- Sun, Mar 19 3:00pm The Doo Wop Project

Last day to enter is Friday, March 10, for these shows:

- Fri, Mar 24 8:00pm Piano Battle
- Sun, Mar 26 3:00pm ABBA the Concert

*Only a few tickets remain for
Santa Fe Opera*

Lucia di Lammermoor

Wednesday, August 16

Check In: 4:30pm • Return: 12:00am

\$69.50 Transportation & Ticket
(non-refundable)

Based on a novel by Sir Walter Scott, this is the story of a desperate woman who is caught between her duty to her family and her love for the man who is her family's enemy. She is conspired against, betrayed, bullied, blackmailed, and finally takes refuge in her own madness, set to one of Donizetti's most powerful and provocative arias.

CASA Nutrition & Health Tip: Every Day Health

Discover more at www.healthiergeneration.org

Along with eating nutritious foods and exercising regularly, there are other important components needed to build a complete healthy lifestyle. Are you and your child sleeping enough each night? Have you consulted your doctor about your child's health? How do you stay fit each day at work? Learn how to enrich your child's sleep, utilize your doctor as a resource, and stay healthy at work.

Get More Sleep

Sleep is an essential part of being healthy. In order for your mind and body to function at their best, you need to have good rest each night. On average, children need about 10 hours of sleep each night and adults need about 8 hours. But due to busy schedules and around the clock access to technology, many people are not getting enough rest. Lack of sleep increases your risk of obesity, diabetes, high blood pressure, heart disease, and depression. Fortunately there are ways to encourage you to get a great night's rest and have a strong foundation for a healthy life.

Talk with your Doctor

Learning how to live a healthy lifestyle is important but takes research and support. One of the many resources available is information from your family's doctor. A healthcare professional can give you personalized advice and tips on how to live healthy and active lifestyles. Be proactive and ask your doctor any questions you have about diet and exercise and work together to monitor your progress over time.

Stay Healthy at Work

The average person spends many hours each week at work. This is the same average person that can set a healthy example for our next generation on how to live. Making healthy choices at work will encourage you to make healthy changes at home with your family. With many jobs involving lots of sedentary time and the availability of unhealthy foods, it's essential to know what to do and what not to do to maintain a healthy body and mind in the workplace. You can teach the healthy habits you learn at work to your family and encourage them to do the same.

On-going Daily Activities Schedule

Monday		Monday	
8:15–9:15	Aerobics 50¢*	1:00–3:00	Palo Duro Palettes
8:30–11:00	Lapidary	1:00–3:00	Square Dancing
9:00–10:00	Yoga, Belts and Blocks \$3*	3:15–4:15	Nia Technique \$5 per class
9:00–11:00	Choralaires	3:15–4:15	Tai Chi Chih, Begin; start Jan 11, \$60
9:15–11:15	Blood Pressure Check	4:30–5:30	Tai Chi Chih, Cont; start Jan 11, \$60
9:30–10:30	Gentle Exercise 50¢*	5:15–6:15	Yoga, Belts and Blocks \$3*
11:00–1:00	Lujan Grisham Mobile Office: 4/17, 8/14, 12/18	Thursday	
11:00–3:00	Ceramics	8:00–9:00	Flex & Tone 50¢*
11:15–2:30	Philatelic Society	8:00–1:00	Ceramics
11:30–1:00	Jug Band Practice	8:15–4:30	Rockhound Trip (2 nd & 4 th) \$ varies
11:45–1:00	T.O.P.S.	8:30–12:00	Deaf Seniors
12:15–4:00	Duplicate Bridge	8:30–11:30	Lapidary
1:00–2:30	EFT / Tapping (2 nd) \$5 per session	9:00–11:30	German, Intermediate
1:00–3:00	French, Advanced \$5 materials fee	12:00–1:00	Rockhound Meeting (1 st & 3 rd)
1:00–3:00	Open Computer Lab	12:00–3:30	Mah Jongg (2 nd & 4 th)
1:30–3:15	Line Dancing, Advanced; start in Jan, May	12:30–4:00	Senior Men's Bridge (1 st only)
2:45–4:30	Retired Physicians	1:00–4:30	Metalcasting \$2 per casting
3:00–4:00	French Language Book Club	1:00–3:00	Discussion Group, Open Topic
3:15–4:30	Line Dancing, Beginning; start in Jan, May	1:30–3:30	Movies (1 st & 3 rd)
Tuesday		Friday	
8:00–9:00	Flex & Tone 50¢*	8:15–9:15	Aerobics 50¢*
8:00–12:30	Quilting (and more!)	8:30–12:30	Defensive Driving (1 st only) \$20, \$15 AARP
8:15–4:00	Hiking (every other) \$ varies	9:00–12:00	Accordion Group
8:30–11:30	Tuesday's Angels	9:00–11:30	Pottery; firing fee
8:30–11:30	Lapidary	9:30–10:30	Gentle Exercise 50¢*
10:00–12:30	Sewing & Alterations	9:30–10:30	Tai Chi, drop-in (no 1 st) \$5*
12:00–2:00	Leathercraft \$1/month; \$5 new student fee	9:30–11:30	Stained Glass
1:00–3:00	ABQ Travel Partners (2 nd & 4 th)	12:00–2:00	Get It Done
1:00–3:00	Open Computer Lab	12:15–4:00	Duplicate Bridge
1:00–3:00	Visiting Artists	1:00–3:00	Spanish, Beginning
1:15–4:00	Bingo \$3 minimum to play	1:00–3:30	Cribbage
1:30–2:30	Mystery Book Club (2 nd only)	1:00–3:00	Open Computer Lab
2:15–4:30	Rio Grande Players	2:15–4:30	Swedish Weaving \$10 materials fee
Wednesday		Saturday	
8:00–11:30	Pottery Lab; firing fee	9:00–3:00	Hiking \$ varies
8:15–9:15	Aerobics 50¢*	9:00–10:30	Line Dancing, Begin; start in Jan, May
9:00–10:00	Gentle Yoga	9:00–1:00	Quilting
9:15–10:15	Friendship Coffee	9:30–11:30	Table Tennis (till 10:30 on 1 st only)
9:30–10:30	Gentle Exercise 50¢*	10:00–11:30	ABQ Recorder Orchestra
10:00–12:00	Investment Club (BCIC) (3 rd only)	10:00–12:00	Accordion Group (3 rd only)
11:30–4:00	Metalsmithing/Jewelry Lab	10:00–12:00	Essential Tremors (3 rd only)
12:00–3:00	Busy Bees - Crochet & Knit	10:00–11:00	NARFE Board Meeting (1 st only)
12:00–5:00	Game Time: Scrabble, Mexican Train & ...	10:30–12:00	Line Dancing, Adv (no 1 st): start Jan, May
12:30–2:45	Bridge Group	11:00–12:30	Red Hat Society (1 st only)
		11:00–12:45	NARFE Chapter 80 Meeting (1 st only)

* indicates suggested money donation per session

Note: Days and Times are subject to change.

Presentations and Clinics

*Please reserve your seat by telephone or
stop by the front desk—Thank you!*

Legal Clinic (20 minute appointments)

Wed 2/1, 9:30a - with Senior Citizen Law Office

GEHM Clinic

Wed 2/8, 8:00a–noon - UNM Nursing Staff

Hearing Loss & Hearing Aids: Myths & Facts

Thu 2/9, 10:00a - with Connect Hearing

EFT / Tapping (held on 2nd Mondays)

Mon 2/13, 1:00–2:30p - \$5 per session

The Amazing & Fascinating Life of Cleopatra

Thu 2/16, 10:00a - with Carol Venturini

GEHM Clinic

Wed 3/1, 8:00a–noon - UNM Nursing Staff

Savvy Social Security

Wed 3/8, 9:00a - with Brad Yablonsky

EFT / Tapping (held on 2nd Mondays)

Mon 3/13, 1:00–2:30p - \$5 per session

Spanish Presidios in the American Revolutionary War

Thu 3/23, 10:00a - with George Garcia

Hiking Trips

departing from Palo Duro Senior Center

Every other Tuesday, check-in at 8:00a

Saturdays, check-in at 8:45a

Call to reserve your seat 505-888-8102

For detailed information about the program,
a list of scheduled hikes, and to set up email
notification for hike changes, please visit the
Albuquerque Senior Center Hiking Group
website at <http://www.aschg.org>



Explanation of difficulty levels can be
found on that web site by choosing
Help, then *New hiker welcome*.

Centers and Cleaning Dates

Barelas Senior Center

714 Seventh St SW, 87102

505-764-6436

Closed for cleaning Jan 9–13 and Sep 18–22

Bear Canyon Senior Center

4645 Pitt NE, 87111

505-767-5959

Closed for cleaning Mar 27–31 and Sep 11–15

Highland Senior Center

131 Monroe NE, 87108

505-767-5210

Closed for cleaning Jan 23–27 and Jul 10–14

Los Volcanes Fitness Center

6500 Los Volcanes NW, 87121

505-767-5990

Closed for cleaning Feb 6–10 and Jul 24–28

Los Volcanes Senior Center

6500 Los Volcanes NW, 87121

505-767-5999

Closed for cleaning Jan 30–Feb 3 and Jul 17–21

Manzano Mesa Multigenerational Center

501 Elizabeth SE, 87123

505-275-8731

Closed for cleaning Feb 13–17 and Jul 31–Aug 4

N. Domingo Baca Multigenerational Center

7521 Carmel Ave NE, 87113

505-764-6475

Closed for cleaning Feb 27–Mar 3 and Aug 14–18

North Valley Senior Center

3825 Fourth St NW, 87107

505-761-4025

Closed for cleaning Mar 6–10 and Aug 7–11

Palo Duro Fitness Center

3351 Monroe NE, 87110

505-880-2800

Closed for cleaning Mar 20–24 and Aug 28–Sep 1

Palo Duro Senior Center

5221 Palo Duro NE, 87110

505-888-8102

Closed for cleaning Mar 13–17 and Aug 21–25

Spotlight on Fitness Instructor



Elaine Merrill, fitness instructor at Palo Duro Senior Center, teaches low-impact Aerobics, Flex and Tone, and Gentle Exercise classes. Moving from Michigan in 2000, Elaine began providing exercise instruction at many of our local senior centers, meal sites and at La Vida Llena retirement community, but now leads classes exclusively at Palo Duro Senior Center.

Elaine grew up on a farm in central Ohio where wheat, corn, oats and other crops grew in abundance. In addition, cattle, horses, sheep, pigs, chickens—you name it—were part of Elaine's early years. "Although," she says, "I never managed to get a single drop of milk out of a cow."

Her mother was keen on education, preaching its need to get ahead in life. She found in Elaine and her brother willing followers. After graduating valedictorian from the Ohio Utica High School, Elaine attended Bowling Green University, graduating summa cum laude in 3 years with a B.S. in Ed. with a major in English and a minor in Spanish. Elaine then went on to earn a master's degree in English from Michigan State University. Later, using her fluent Spanish, she worked as a bilingual coordinator for the Michigan Department of Education.

Elaine loves to read and to grow flowers. She especially likes to travel. This started at an early age when, after the harvest was done, the family took well deserved vacations visiting the national parks and other places. She has been in all the states and Canada. Later she visited Mexico, Perú, Spain, Portugal, England, the Netherlands, Japan and lived in Venezuela for seven months, where she became the proud owner of two colorful yellow-shouldered Amazon parrots named Cotorra and Lorita, which she flew to the states in a cage resting on her lap.

She visited Albuquerque and fell hopelessly in love with the sunshine. After the often gloomy, depressive weather of the northeastern states, it felt like getting a new lease on life, so in 2000 she moved here permanently. Elaine met her future husband at a church single-adult conference. They have been married for 16 years, and, Eddie who has three sons from previous marriages, provided her with an instant loving family. She also derives great warmth and comfort from The Church of Jesus Christ of Latter-day Saints, which Elaine joined twenty years earlier.

Elaine loves showing seniors how to make the right exercise moves and, in her fun ways, making them feel they are doing great. "They have become my extended family, and I'm grateful to be able to help them," she says. "And they help me in return to keep in shape."

This smart, grand person has touched many lives by showing seniors that it's never too late to get in shape.

-RH Marshall



Deadline to register is one week prior to event date.

- **Dance Competition**
Thursday, February 16
- **Basketball Free Throw & Three Point Contest**
Saturday, February 18
- **Huachas Competition**
Saturday, February 18
- **Swimming Competition**
Saturday, February 25

For more information, please call 505-880-2800.

My Chronic Disease (MyCD) Workshops

Register for a **MyCD** self-management workshop by calling 880-2800.

Each series meets on **Thursdays, 1:00–3:30p**

- March 23 through April 27 (DSMP) *Diabetes*
- May 4 through June 8 (CDSMP) *Chronic Disease*

The Mesquite Diner

Menu items subject to change. Please arrive before 12:30.

Daily Hot Lunch \$3.25, **Reservations Required**

Call before 12:30pm by previous weekday: **888-8102**

Monday	Tuesday	Wednesday	Thursday	Friday
30 Sloppy Joe	31 Green Chile Chicken Enchiladas	February 1 Jambalaya	2 Zucchini Herb Rice Casserole	3 Roast Beef
6 Pasta Primavera	7 Taco Soup	8 Memphis Dry- Rubbed Chicken	9 Special Luncheon Queen of Hearts Valentines	10 Pork Chop
13 Asian Beef Stir-Fry	14 Red Chile Cheese Enchiladas	15 Turkey w/Gravy	16 Oven-Fried Chicken	17 Cheeseburger
20 Closed Presidents Day Holiday	21 Ham & Potato Soup	22 Chicken Tenders	23 Meatloaf	24 Queso Fiesta Mac & Cheese
27 Italian-Breaded Pork Chop	28 Soft Chicken Tacos	March 1 Spinach Lasagna	2 Meatball Sub	3 Salmon

Ice Cream Social

75¢ Sundaes
4th Wednesdays
February 22
11:30–12:30



Popcorn

25¢ Bag
Tuesday thru
Thursday
We're popping 10:30–1:30



50+ Silver Horizons Food Pantry



There is no February event
at Palo Duro Senior Center.

Other options without a reservation — Monday thru Friday

Breakfast 8:00–9:00

Regular Combination.....\$1.50.....Mini..... \$0.75
egg, bacon or sausage, potatoes, toast or tortilla

Burrito (meatless available)..... \$1.50
eggs, bacon or sausage, potatoes, cheese, chile

English Muffin Sandwich or Friday Waffle.. \$1.00

Oatmeal with Milk, raisins optional..... \$0.70

French Toast or Pancake or..... \$0.25

Side of Chile (Red and Green, every morning)

Lunch 11:30–1:00

Salad.....Large....\$2.00.....Small.... \$1.00

Soup or Pie of the Day..... \$0.50

Sandwich of the Day..... \$1.50
half sandwich..... \$0.75

Grilled Cheese..... \$1.25

Beverages during all meals

Milk or Juice..... \$0.25

Coffee or Tea..... \$0.30